InfuserWaterBottles.com

Infused Water Recipes

Choose To Infuse™

Your Water... Your Way!

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Congratulations and welcome to our family of health conscious individuals who have decided that it's best to ***Choose To Infuse***™ their water, thereby making it easier to move away from sweetened beverages.

Since 2012, we have been selling Infuser Products. It's fun and fulfilling knowing that we are helping folks move away from sugary soft drinks and energy drinks that often contain much caffeine, besides additives and other unwanted ingredients.

Water alone is essential for good health, but water alone can become boring. Adding some fresh natural ingredients to flavor your water makes consumption much more interesting.

Most all of our Infuser Products can be custom printed in Full Color and we use only high quality print processes to ensure a beautiful end result. Contact us at 888-853-7900 or via our email at Info@InfuserWaterBottles.com, if you need a quote or additional information. Our Promotional Products are not limited to Infusers, either.

This guide is constantly growing, so if you received this via email, you may get updates as they become available. Contact us if you need an update. We are happy to help.

Besides Infused Water Recipes, this guide may also contain some good information about how certain infused waters may be beneficial to your health. We are updating constantly.

Enjoy,

Jon & Terri

Infusing Healthy Living with Convenience

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In the pages that follow, you'll find 'Infused Water' recipes for your enjoyment. Many are customer submitted. If *you* have a good recipe that is not listed below, we'd be happy to add it to this booklet. Simply email it to us at info@infuserwaterbottles.com.

Important Tips for Best Results:

- Many berries, such as blueberries, have a skin. Therefore, berries with a skin will not easily infuse your beverage, unless you first chop or crush these ingredients for best results.
- Whatever Infuser model you have, ***shaking is a must***! It is the agitation caused by shaking that will *quickly and effectively* infuse the water.
- **Best results are seen by shaking before and during use.**
- Although it is not necessary, if time permits, let your infused water sit overnight, in the refrigerator, as this will allow for longer infusion time.
- When using TRITAN™ water bottles, near boiling water *may* be used to 'draw' flavor from the ingredients more effectively. **CAUTION:** Bottles will hold hot water, but **will become hot to the touch**. Place in refrigerator overnight, for use the next day. Please be careful when using hot water and ***never* shake a bottle with hot water inside.**

Happy Infusing!
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Lemon Water Classic

- Lemon slices
- Cold water (ice is optional)

Shake well and let sit for awhile before enjoying.

Lemon Infused Water Each Day, Helps Keep the Doctor Away…

We all know that drinking water has many health benefits. But did you know that consuming Lemon Infused Water can maximize some of these benefits? Here are some examples.

Lemon Infused Water…

- Aids digestion by encouraging the production of bile.
- Is believed to decrease the amount of mucus and phlegm produced in the body.
- Helps fight hunger cravings with its high levels of pectin fiber which promotes proper alkaline levels. Of course, a balanced diet and exercise cannot be overlooked.
- Is an effective way to get a good boost of your daily vitamin C.
- Helps activate internal organs, when consumed upon waking.
- Is filled with anti-oxidants.
- Helps get rid of toxins which help keep your skin clear.
- Freshens breath and can help relieve gingivitis.
- Helps maintain proper pH levels.

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Tangerine, thyme, and fennel

- Tangerines slices
- Some fennel
- 2-3 sprigs of thyme
- Water and Ice

Shake well and let sit for awhile before enjoying.

Orange Spritzer

- Fresh cut oranges
- Slice of lime
- Thinly sliced fresh ginger root
- If you want to add bubbles you can add a dash of club soda.

Shake well and let sit for awhile before enjoying.

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Strawberry and Cantaloupe

- Cantaloupe chunks
- Strawberries cut in half
- Make it into a great iced tea by adding Oolong Tea.

Shake well and let sit for awhile before enjoying.

Cucumber and Mint Cooler

- Thin slices of cucumber
- A few sprigs of mint

Shake well and let sit for awhile before enjoying.

Strawberry and Mint

- Strawberries (medium size) sliced thin
- Sprigs of mint

Shake well and let sit for awhile before enjoying.

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Pineapple and Mint Medley

- Pineapple slices
- Sprigs of mint

Shake well and let sit for awhile before enjoying.

Blueberry and Coconut

- Some blueberries, smashed or sliced.
- Coconut water

Shake well and let sit for awhile before enjoying.

Raspberry and Lemon Blender

- Slices of lemon
- Raspberries – Smashed or sliced

Shake well and let sit for awhile before enjoying.

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Lemon Pear Party

- Pear slices
- Lemon slices
- Optional cinnamon sticks

Shake well and let sit for awhile before enjoying.

Ginger Delight (by Kami)

Fresh ginger can be strong, so be careful. Try this clean, crisp, refreshing flavor, for all you ginger lovers out there.

- Fresh ginger root, sliced thinly. (We use a vegetable peeler.)
- Cucumber
- Lemon
- Mint leaves

Shake well and let sit for awhile before enjoying.

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Blueberry and Coconut Blender

Fresh blueberries with some coconut water are a super combo.

- Some blueberries (smashed)
  NOTE: Blueberries have a skin which naturally protects the inside from the elements. To get the blueberry flavor to infuse into the water you must leave it to sit for a *long* time. You can cheat by crushing or chopping up the blueberries. It's not a test, so it's okay to cheat.
- Coconut water to taste (100% raw coconut water is best).

You can use all coconut water or dilute to taste.

Raspberry, Mint, and Lime Delight

- 1 lime, thinly sliced
- 1 bunch of mint leaves
- Some raspberries, lightly smashed

Shake well and let sit for awhile before enjoying.

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Cucumber Lemon

Tart and refreshing! A true favorite

- Cucumber, thinly sliced
- Lemons, thinly sliced

Overnight infusion is best for this combo. Remember… Shaking is Key!

Cranberry Orange Combo

- Orange, thinly sliced
- Fresh cranberries lightly smashed
  (See blueberry note. Same applies.)

Try adding a spice like cinnamon, sage or rosemary. YUM

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Cucumber, Mint & Cherry

Cherry variety will make a difference. If using really tart cherries, try a bit of honey, agave or other sweetener.

- Cucumber, thinly sliced
- Fresh cherries, pitted & smashed
- Some fresh mint leaves, chopped.

Shake well and let sit for awhile before enjoying.

Strawberry & Cantaloupe Surprise

Any melon will work, but how often does one get to type the word cantaloupe? My dad always said, "What would your Honeydew if you Cantaloupe." ☺

- Strawberries, sliced or quartered
- Cantaloupe chunks (the smaller the better)

Shake, Shake, Shake & Enjoy. (Also a good one to let sit overnight.)

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Cherry Lime-Licious

Sweet and tart, this delicious beverage hits the spot. Use whatever types of cherries you like. However, sour cherries may require some sweetener.

- Limes, thinly sliced
- Fresh cherries, pitted and chopped or smashed (see blueberry note)
- Honey, agave or other sweetener, to taste.

Shake well and let sit for awhile before enjoying.

GQ

Ginger root is awesome (if you like ginger). However, it can be very strong. Cucumber is crisp and clean. Together they make for great infused water.

- Ginger root. Sliced thinly. (A vegetable peeler is a great tool for this; you'll get more surface area from a little bit of ginger.)
- Cucumber, also sliced thinly (no skin).

Shake well and let sit for awhile before enjoying.

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Mint Kiwi Cocktail

For optimal flavor, gently crush kiwi before adding to infuser water bottle.

- Ripe kiwis (thinly sliced & peeled)
- Some mint leaves. Optional

Shake well and let sit for a while before enjoying.

Jalapeño and Watermelon Water

In this zesty recipe from Food Network you'll find juicy watermelon loaded with vitamins A and C, and spicy jalapeños containing capsaicin, which causes the body to release endorphins. That happiness hormone creates an energizing rush.

- Jalapeño (to taste)
- Watermelon

Shake well and let sit for awhile before enjoying.

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Apples and Cinnamon

Combine cinnamon sticks and apples to flavor the water. "Skinny spice" cinnamon helps lower blood sugar concentration and improves insulin sensitivity, while apples have been shown in studies to help a wide spectrum of ailments from staving off Alzheimer's to protecting against colon disease.

- Apples (sliced thinly)
- Cinnamon Stick(s)

Shake well and let sit for awhile before enjoying.

Strawberries and Basil

- Strawberries
- Basil (to taste)

Shake well and let sit for awhile before enjoying.

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Raspberry and Pineapple

- Raspberries
- Pineapple

Shake well and let sit for awhile before enjoying.

Blueberries, Peach, Lemon, and Mint

This mixture combines the antioxidant power of the fruit with refreshing mint, a carotene-rich aromatic herb. It's like virgin sangria.

- Blueberries (crushed)
- Peach slices
- Lemon wedge
- Mint leaves

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Strawberry Watermelon and Cucumber

Submitted by momdukes1962

- 3 strawberries
- 4 big chunks of watermelon
- 4 slices of cucumbers
- A few mint leaves.

Fill the bottle with water and refrigerate until the following day. Shake well before and during enjoyment.

Tonya's Tumbler

Submitted by Scott Wheat

- Cut up an orange
- Cut up a lime

Mix with Great Value Key Lime Sparkling Water.

~ Thanks Scott!

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Send us *your* recipes.

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